



Inner Freedom Method™

Liberate the World Within

12 2.5-hour sessions
30 ICF CCEU hours total

The Inner Freedom Method™ is a powerful 9-step process where you identify unconscious patterns of resistance and transform them into a powerful source of energy for fulfillment.

Transform your players' mindset

From: Unconscious mind and emotions are dark and mysterious and must be avoided

To: Emotions are teachers and the unconscious mind is a vast resource of wisdom and power

Nearly every decision we make in social situations is instantaneously determined by patterns of feeling in the unconscious mind; what to say, NOT say, what to do, must NEVER do. We call this the World Within and for most people it is locked up tightly. When you coach your player to play big in the outside world but their Inner World will put up a LOT of resistance.

With the Inner Freedom Method you can expand and liberate the world within them and transform resistance into positive energy, joyful self expression, deep confidence and fulfillment of the hearts desires.

Jack Canfield, a leader in the personal growth industry, raves about the Inner Freedom (formerly Super Conductivity) Method. You will too.

The Themes of the Course

There are several compelling and provocative themes in this program that will improve your coaching AND your life.

1. Why Playing Big creates Inner Resistance – EVERY TIME
2. Flow – just on the edge of your comfort zone
3. Just a little bit of fear – will send you into “busy-work”
4. Judgment-free awareness – an essential tool for growth in any endeavor
5. Expanding Energy Awareness
6. Expanding the capacity to feel
7. Expanding the capacity to respond
8. Recognize the perfection of the situation



3 Key Points

1) Playing BIG and The Path to Inner Freedom

In the program you will learn:

1. Why the big game creates inner resistance – EVERY TIME
2. How to quickly find the “Critical Moments” where freedom is blocked
3. Techniques for shifting the energy of thoughts, feelings and actions to restore inner freedom

With these techniques your players will become Super Conductive - free of resistance that block the natural flow of energy – able to create results quickly with relative ease.

Using this method will enable you to Coach powerfully in a wide variety of situations. You will feel free to take on bigger players with bigger challenges when you master this tool.

2) The dynamic balance on the edge of your comfort zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty. Where the outcome is a bit mysterious. As a Coach, you need to master the ability to guide your player into this “sweet spot” of growth on a regular basis – otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay comfortable. So you need a few things:

- 1) The courage to play out of YOUR comfort zone;
- 2) A way to talk about the benefits of stepping up to bigger challenges;
- 3) A powerful tool to bring your player through uncomfortable experiences in a way that is engaging and effective. When your players see that you have a tool that really works, they will play bigger more readily and really enjoy coaching with you.

3) The elusive state of flow

Super Conductivity is the state of flow: where energy is aligned and flows freely to POWER UP your life’s intentions, goals and purpose.

What this means in practical terms is that you are FREE to act powerfully in the moment in a way that is creative, resilient and resourceful. You are fluid and get MUCH better results, more often with less struggle. This is what we want for our players – and for ourselves!



The 9 Step Inner Freedom Method™

1. Replay the moment
2. Use Judgment-free awareness
3. Feel the energy in the body
4. Scan for emotions
5. Find the perfection in the Core Intention that is causing the resistance
6. Make your mind your ally
7. Find the perfection in your current situation
8. Replay the moment with new pattern language
9. Experience the flow of gratitude

How this program will make you a better coach

1. Your confidence as a coach will increase dramatically because you KNOW you have the tools to handle ANY challenging situation your player is in.
2. Your ability to find the "critical moment" and shift the experience for your player from inner resistance to inner freedom will create extraordinary richness in every session. You will learn exactly what questions to ask and what to look for.
3. Understanding and using body awareness will allow you to help your players expand and tap into intuition and inner knowing
4. The ability to find the perfection in situations past and present is a most extraordinary booster to self worth; which is something EVERYONE values greatly
5. Your players will FEEL more capable to play BIG in the world after every session with you.
6. You will become masterful in reading the dynamic of in/out of the comfort zone and know just how to keep your players on the growing edge.
7. You will have a deep understanding AND a solution for the common challenges people face today: overwhelm, frustration, isolation and even apathy! This will give you great confidence in coaching a player through challenging situations.
8. You will learn how to talk about inner conflict as a catalyst for growth with your players.
9. You will expand your understanding of the dynamic balance between support and challenge which has the effect of boosting your players self-worth. This in turn will greatly enhance their ability to play the game and get results.

Acknowledgment

The Inner Freedom Coaching Method™ is a collaboration between Coach Dave Buck and Coach Lise Janelle.

You can learn more about Coach Lise at:
centreforheartliving.com

Wow! This is exactly what I have been waiting for! Dave's talk about most coaching sessions being weak really hit me. It was me yesterday. The frustration I felt when I coached this lady, the feeling of not getting anywhere. I need to get into the critical moment with her. It makes so much sense and feels great to have a technique to use to "feel what it feels like in the moment". I believe in it completely; it is when we are in the moment that the breakthrough can happen. This is really BIG!

- Nina Mioen